

Duration- 26 Weeks

Jan 1-June 30

Month	Punting/Kicking Workout	Number of Punts/Kicks
Jan-Feb	Two times per week	25 per workout
March	Three times per week	25 per workout
April-June	Three times per week	35 per workout

Warm-up Drills-Punters: Stretch/25 Ball Drops/10 Leg Swings

Warm-Up Drills-Kickers: Stretch/10 no-step swings, 10 dry run

Weekly Workout

Monday	Weightlifting
Tuesday	Punt or Kick and running workout
Wednesday	Weightlifting
Thursday	Punt or Kick and running workout
Friday	Weightlifting
Saturday	No training prescribed: rest or participate in light physical activity, basketball biking ect.

Pre-Season Punting/Kicking Training Schedule

Duration 4 Weeks-July 3- August 3

Month	Punting/Kicking Workout	Number of Punts/Kicks
July-August	Four times per week	45 per workout

Warm-Up Drills:

Punters: Stretch, 25 Ball Drops, 10 leg swings

Kickers: Stretch, 10 no step swings, 10 dry runs, 5 extra punts

Weekly Workout Schedule

Monday	Punt/Kick with running workout
Tuesday	Weightlifting
Wednesday	Punt/Kick with running workout
Thursday	Punt/Kick with running workout
Friday	Punt/Kick with running workout
Sat/Sun	No training prescribed: rest or participate in light physical activities

Pre-Season Two a Day Practice Punting/Kicking

Warm-up Drills-Punters: Stretch, 25 Ball drops, 20 Leg swings

Kickers: Stretch, 10 no step swings, 10 Dry Run

Punters

Morning Practice

Kickers

Bad Snap Drill	10 Dry run for kickoffs kick at 50%
Two Step Drill	15 Kickoffs at 100%
Play Catch w/Punt	15 Onside Kicks

Afternoon Practice

Day 1, 7	30 Punts	5 PAT-15 FG-25-35-yards
Day 2, 8	20 Punts-10 Field/10 Corner	5 PAT-20 FG-35-45 yards
Day 3, 9	30 Punts-20 Field/10/End Zone	5 PAT-15 PAT-30-40 Yards
Day 4, 10	20 Punts-10 field/10 corner	5 PAT-20 FG25-35 yards
Day 5, 11	30 Punts-20 Field/10/End Zone	5 PAT-15 FG-25-35-yards
Day 6,12	20 Punts-10 Field/10 Corner	5 PAT-20 FG-30-40

Conditioning"

Morning Practice-Light Jog 4 Laps around Football Field
 Afternoon: Moderate jog-6 minute jog around Football Field
 Do All Sprints with Team !!

Game Week Practice Schedule

Day	Punters	Kickers
Monday	25 ball drops 15 leg swings 30 punts	10 PAT 10 FG 20 Kickoffs
Tuesday	25 ball drops 15 leg swings 35 punts	12 PAT 12 FG 24 Kickoffs
Wed	25 ball drops 15 leg swings 30 punts	10 PAT 10 FG 20 Kickoffs
Thursday	10 ball drops 10 leg swing NO Punting	10 onside kick NO PAT/FG No Kickoffs

Friday-Game Day

Saturday-Stretch with team and jog 6-8 minutes-no kicking or punting

Guidelines for Pre-Game Warm-Up Routine

Stretch for 20 minutes before leaving for the field.
 Take the field 65 minutes before your team must

exit for the locker room.

Punters, kickers, snappers holders and return men should warm-up 30 minutes before team stretches and calisthenics.

Punters and kickers should take half of their warm-ups into the wind the other half with the wind,